

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100391– Peanuts, Roasted, Unsalted

Category: **Meat/Meat Alternate**



### PRODUCT DESCRIPTION

This item is U.S. Number 1 roasted, unsalted peanuts. They are available in cases with twelve 16-ounce containers.

### CREDITING/YIELD

- One case of roasted, unsalted peanuts yields 192 1-ounce servings of peanuts.
- CN Crediting: 1 ounce of peanuts credits as 1 ounce equivalent meat/meat alternate.

### CULINARY TIPS AND RECIPES

- Peanuts can be used in trail mixes served at breakfast or snacks. Peanuts can also be chopped and added as a flavoring agent to Asian dishes, salads, or parfaits.
- For more culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](http://www.instituteofchildnutrition.org) or USDA's [Team Nutrition](http://www.teamnutrition.org).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](http://www.fns.usda.gov/fdd).

### NUTRITION FACTS

Serving size: 2 Tbsp/1 MMA peanut butter

#### Amount Per Serving

**Calories** 170

**Total Fat** 15g

Saturated Fat 3g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 2mg

**Total Carbohydrate** 4g

Dietary Fiber 3g

Sugars 1g

**Protein** 8g

Source: [USDA National Nutrient Database](http://www.usda.gov/nutrientdatabase)

**Allergen Information:** This product contains peanuts. For more information about allergens, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.